

# Pleasantries

Reading Senior Newsletter

Website — www.readingma.gov

Email — pleasantstreetcenter@ci.reading.ma.us



July 2016

#### Pleasant Street Center

49 Pleasant St.

781-942-6794

Mon.- Fri. 8:30 - 4:00 p.m.

Coordinator/Sharon Thomas

781-942-6796

Case Manager, Kerry Valle

781-942-6659

Nurse Advocate, Alyse Warren,

781-942-6693

Van Driver,

loe Beninati

Administrator, Jane

Burns 781-942-6658

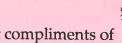
Clerk, Ann Gentile

781-942-6608



4th Annual Council on Aging Lobster Roll Dinner

Thursday, July 28, 5:00 pm



Join us for lobster roll, coleslaw, chips & dessert compliments of the Reading Council on Aging.

Due to the popularity of this dinner we ask if you attended last year, to wait until 6/30 for reservations.

Reading residents only. (781) 942-6794



Your skin health is as important as your physical health. Come for a brief informational meeting in the Great Room at 11:45 before the Luau begins Thursday July 14th.

#### **LUAU LUNCHEON**



#### Thursday, July 14 12:00 pm

Hawaiian Dance Performance: traditional music and dances from Hawaii with the flowing hands and graceful movements, The Tahitian/Polynesian featuring the exotic rhythms of the drums. join in for some fun and be part of a fun Hula Lesson.

\$2.00 suggested donation for lunch



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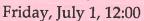
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#### Fourth of July Lunch:

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BBQ chicken served with corn pudding and cole slaw. Berry and pudding swirl with whipped topping for dessert.

\$2.00 suggested donation for lunch

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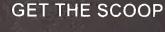
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#### IMPORTANT SYMBOLS

Registration Required Free Transportation 781-942-6794



Reservations start Tues., June 28. Please call by noon at least two days before the event.







Wednesday, July 20, 11:00 Join your favorite librarians as they dish out hot summer reads and cool ice cream scoops.

#### MOVIE DAYS



GET YOUR GAME ON!

Movie Day: <u>Brooklyn</u>, Thurs., July 7, @ 1:00

An Irish immigrant lands in 1950s Brooklyn, where she quickly falls into a romance with a local. When her past catches up with her,

however, she must choose between two countries and the lives that exist within



Movie Day: <u>Spotlight</u>, Thurs., July 21, @ 1:00 The true story of how the Boston Globe uncovered the massive scandal of child molestation and cover-up within the local Catholic Archdiocese, shaking the entire Catholic

Church to its core

Games on the Big Screen: Thursday, July 28, 1:00, Wii Games – "Deal or No Deal", "Who wants to be a Millionaire", \$10,000 Pyramid. Refreshments provided.

Cribbage: Mondays, 1:00 - 3:00

Bingo: Tuesdays 1:00-2:30

Billiards: (No van) Weds., 10:00 - 11:15

Pool table is available Monday - Friday

Mah Jongg: Thursdays, 12:30 - 3:30

Chess: Fridays, 1:00 - 3:00 (No van).

Party Bridge: Fridays, 12:45 - 3:15 \$1.00 to play, Maxi-

mum 32, (No Van ).

#### PLEASANT STREET SPA

Roberta Our Hairdresser—Monday, July 18, 9:30 – 1:00 by appointment call (781) 245-6605

**Manicures –** Thursday, July 14 & 28, 9:30 – 1:00, \$6.00 or \$7.00 for French

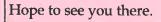
For chair massage please call the Pleasant Street Center (No Van Service)

**Chair Massage -** Thursday, July 7, 21 & 28, 9:30 – 12:00 receive a 15 minute chair massage for only \$10.

**Reiki Treatments—Thursday**, **July 21**, 3<sup>rd</sup> Thursday of each month - 9:30-11:45 - call 781-942-6794 for an apt. The fee for ½ hour treatment is \$15.

#### **SCUTTLEBUTT**

After a nice trip to the USS Massachusetts in June, Scuttlebutt will meet again **Thursday**, **July 7**, **at 10:00** at the Pleasant Street Center. I hope to have a B-52 Navigator share his experiences with us.





#### **LUNCH FOR EVERYONE**





<u>Lunch with Officer Kristen</u>: Tues., July 19 (the 3<sup>rd</sup> Tuesday of each month) at 12:15. Kristen is available to answer questions and help resolve issues.

Birthday Lunch: July 25 @ Noon. Celebrate your birthday. If it is the month of your birthday, Reading residents will receive a free lunch & gift.. Cake & ice cream for all. Suggested donation for lunch if not your birthday month is \$2.00.



**Lunch is served:** Join us every weekday (except holidays) for a terrific meal, good conversation, and occasional live entertainment. Lunch sponsored by Mystic Valley Elder Services. Suggested donation of \$2.00 (under age 60, cost is \$3.50.

#### S.H.I.N.E.

Questions about Medicare and health insurance? Call for a free appointment (781) 942-6794.

S.H.I.N.E. COUNSELING: (Serving Health Insurance Needs of Elders) Meeting in the Computer Room
Tuesday, July 12, 12:00 – 4:00
Friday, July 15, 10:00 a.m. - 3:00 p.m.
Call for an appointment 781-942-6794.

#### FITNESS FOR ALL

#### MONDAYS: .

- Zumba Gold: Kelli 9:00 10:00 Zumba is fun... So grab some friends and come take a class! Drop-ins \$5
- Yoga 11:00 12:00 3 weeks for \$30 or \$11 drop in.
- FOREVER 49 Tai Chi All your health needs in one program . 1:30 - 2:30 \$49/month or \$13 Drop-ins welcome. FIRST CLASS FREE

#### **TUESDAYS:**

- <u>Jacki Sorensen's Fitness Class</u> 9:00 10:00. \$5/
   Session Stretching, Strengthening, Cardio Workout and fun! Please welcome our new instructor Rosemary. <u>No class July 5.</u>
- Body & Brain Flexibility: Returning in September

#### WEDNESDAYS:

- Zumba Gold: Veronica 9:30 10:30 Drop-in \$5
- FOREVER 49 Tai Chi All your health needs in one program 1:30 2:30 \$49 for month or \$13 for Drop-ins.

#### THURSDAYS:

• <u>NEW Jacki Sorensen's Fitness Class</u> - 9:00 - 10:00. \$5/ Session new instructor - Rosemary

#### FRIDAYS:

• <u>B.E.S.T.</u> - Balance, Energy, Strength, Training 9:00 - 10:00 Lounge. Drop-ins welcome - \$3/Session.

Please refrain from wearing perfumes to exercise classes.

#### **HEALTH SCREENINGS**

PODIATRY CLINIC- MON., JULY 11, 10:00 – 12:00 Call (617) 629-2806. Insurance is accepted with certain health diagnosis or the visit is \$40.00, payable at time of service. An insurance referral needs to be on file before day of the visit, or there will be a \$40.00 charge.

#### Blood Pressure -

- ▼ Tues., July 12, 11:30 12:15 by Hallmark Health
- Wed. July 13, 10:00 10:30 Frank Tanner Drive the 2nd Wed. of each month, in the common room.
- ♥ Fri., July 22, 11:30 12:00 Nurse Advocate, Alyse Warren

#### CLASSES, CRAFTS

Art Lessons with Steve Greco: Tuesdays, 9:30 – 12:00, 2 ½ hours for \$10.00. Any medium taught. Minimum of five students for the class:

**Advanced Art Class:** Tuesdays 1:00 – 3:00 \$10.00 per class

Klickity Klack (Knitting Group): Wednesdays, 9:30 - 11:00 New knitters & crocheters welcome.

**Computer Classes:** Learn to use email, send pictures, use the internet. We have WIFI so bring your own laptop if you want.

- Tuesdays with Nancy 10:00 11:30
- Wednesdays with John returning in September

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9:00 Downtown/ Groceries/Library 9:00 Zumba Gold 11:00 Yoga 12:00 Birthday Lunch 1:00 Woburn Mail/ Target/Kohls 1:00 Cribbage 1:30 Forever 49 Greek Chicken or Egg Salad Sandwich	9:00 Downtown/ Groceries/Library 9:00 Zumba Gold 9:30 Hairdresser 11:00 Yoga 12:00 Lunch 1:00 Ocean State Job Lot 1:00 Cribbage 1:30 Forever 49  Beef Stroganoff or BBQ Chicken	9:00 Downtown/ Groceries/Library 9:00 Zumba Gold 10:00 Podiatrist 11:00 Yoga 12:00 Lunch 1:00 Walmart 1:00 Cribbage 1:30 Forever 49  Mac & Cheese or Chicken Salad Sandwich	Independence Day Town Hall and Pleasant Street Center Closed	ABBREVIATIONS  CG = Cedar Glen  FTD = Frank Tanner  Drive  Everything in Bold  Transportation is available  IMPORTANT VAN INFO  These are destination arrival times.  Please be ready 30 minutes - 1 hour prior to the time listed.	MONDAY
8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/Nancy 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons Egg Plant Parm or Roast Beef/ Swiss Cheese Sandwich	8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/Nancy 12:00 Lunch w/Officer Kristen 1:00 Bingo 1:00 Advanced Art Lessons Fish Florentine or Ham/Swiss Cheese Sandwich	8:30 Burbank YMCA 9:00 Jacki Sorensen's Fitness 9:30 Art Lessons 10:00 Computers w/ Nancy 11:00 Road Trip 11:30 Blood Pressure 12:00 Lunch 12:00 SHINE 1:00 Bingo 1:00 Advanced Art Lessons Beef Lo Mein or Chef Salad	8:30 Burbank YMCA 9:30 Art Lessons 10:00 Computers w/ Nancy 12:00 Lunch 1:00 Bingo 1:00 Advanced Art Lessons 1:00 Advanced Art Lessons Sandwich	TAKE YOUR PICK Each day you may choose a hot or cold lunch. Suggested donation \$2.00 Lunch- Reserve the day before by noon	TUESDAY
9:00 Downtown Groceries 9:30 Zumba 9:30 Klickity Klack 10:00 Billiards 12:00 Lunch 1:00 Downtown/Groceries/ Library 1:30 Forever 49  Veggie Burger or Tuna Salad Sandwich	9:00 Downtown Groceries 9:30 Zumba 9:30 Klickity Klack 10:00 Billiards 11:00 Get the Scoop 12:00 Lunch 1:00 Downtown/Groceries/ Library 1:30 Forever 49  Hot Dog or Egg Salad Sandwich	9:00 Downtown Groceries 9:30 Klickity Klack 9:30 Zumba 10:00 Low Vision 10:00 Billiards 12:00 Lunch 1:00 Downtown/Groceries/ Library 1:30 Parkinson Support 1:30 Forever 49  Broccoli Quiche or Seafood Salad Sandwich	9:00 Downtown Groceries 9:30 Klickity Klack 9:30 Zumba 10:00 Billiards 10:30 Rockport 12:00 Lunch 1:00 Downtown/Groceries/ Library 1:30 Forever 49  Baked Fish or Chicken Salad Sandwich	THE REPORT OF STREET	WEDNESDAY
8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30Chair Massage 9:30 Manicures 12:00 Lunch 12:30 MAH JONGG 1:30 Game Day 5:00 Lobster Roll Dinner Pot Roast or Chicken Salad Sandwich	8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30Chair Massage 9:30 Reiki 12:00 Lunch 12:30 MAH JONGG 1:00 Movie - "Spotlight"  Chicken a la King or Roast Beef/American Cheese Sandwich	8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Manicure 11:45 Skin Health 12:00 Luau Lunch 12:30 MAH JONGG Aloha Chicken or Cottage Cheese Fruit Plate	8:30 Burbank YMCA 8:45 CG Grocery Shopping 9:00 Jacki Sorensen's Fitness 9:30 Chair Massage 10:00 Scuttlebutt 10:30 Road Trip 12:00 Lunch 12:30 MAH JONGG 1:00 Movie - "Brooklyn" Stuffed Pepper or Seafood Salad Sandwich		THURSDAY
8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:45 Party Bridge 1:00 AA 1:00 Chess Fish Filet or Chef Salad	8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 11:30 Blood Pressure 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Spinach Frittata or Turkey/Swiss Cheese Sandwich	8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:00 SHINE 12:45 Party Bridge 1:00 AA 1:00 Chess 2:30 Senator Lewis Baked Fish or Roast Beef/Provolone Cheese Sandwich	8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 10:15 Representative Jones 12:00 Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Chicken Marsala or Roast Beef /Provolone Cheese Sandwich	8:45 FTD Grocery Shopping 9:00 BEST 9:30 Painting 12:00 4th of July Lunch 12:45 Party Bridge 1:00 AA 1:00 Chess Independence Day Special Lunch BBQ Chicken	FRIDAY

#### On the Go!

Van transportation is a **free service** to Reading seniors and non-seniors with disabilities. Our goal is to provide safe, efficient and friendly service. Reservations should be made 24 hours in advance by calling the Pleasant Street Center (781) 942-6794. The times listed below are expected time of arrival at the destination.

Please be ready 45 minutes <u>prior</u> to the time stated (for example if the shopping time is 9:30 you should be ready by 8:45).

Wal-Mart for everyone

Monday, July 11, 1:00 - 2:30

Ocean State Job Lot - NEW Mon. July 18 1:00 p.m. 1:00 - 2:30

Woburn Mall, Target or Kohl's for everyone

Monday, July 25 1:00 - 2:30

BIG

Downtown Errands, Grocery Shopping or Library for everyone
All Mondays, 9:00 - 10:15
All Wednesdays, 1:00 - 2:15

Burbank YMCA for everyone - All Tuesdays and Thursdays, 8:30 - 10:30 a.m.

Podiatrist at The Pleasant St. Center -Monday, July 11, 10:00 - 12:00

#### Stop & Shop or Market Basket:

Neighborhood Grocery Shopping Wed., 8:45 - 10:00 Cedar Glen Grocery Shopping Thurs., 8:45 - 10:00 Tannerville Grocery Shopping Fridays, 8:45 - 10:00

As a courtesy to others, please refrain from the use of colognes and perfumes when riding on the van. It has been known to cause an allergic reaction for some passengers. Thank you for your cooperation.

The Pleasant Street Center is closed Monday, July 4th (Independence Day)

## DANIELS HOUSE (Nursing \$\frac{1}{2}\$ Home)

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#### **SENIOR GROUPS**

Writer's Group: Will resume in October.

**Low Vision Group:** – **Low Vision Group:** – Wed., July 13, 10:00 - Guest Speaker Kerry Valle, Case Worker for Reading Elder/Human Services.

**Parkinson's Support Group**: – Wed., July 13, 1:30 to 3 - Led by Kathy Hill, PT with the Greater Medford VNA. Meets every 2nd Wed.

**Get the Scoop on Summer Reading** Wed, July 20, 11:00 at the Pleasant St Center. A fun filled annual tradition with an ice cream social with the latest book reviews. Join your favorite literary librarians as they dish out hot summer reads and cool ice cream.



#### LIBRARY HAPPENINGS

LiveWires Presents: Brilliant Beacons a History of the American Lighthouse

**Tues.**, **July 26**, **7:00 p.m**. at the Pleasant St Center, Eric Jay Dolin, best-selling author of *Leviathan*, presents a lively history of American lighthouses. With the backdrop of an expanding nation, Dolin traces the evolution of America's lighthouse system, outlining the political, military, and technological battles fought to illuminate the nation's hardscrabble coastlines. Book sale & signing to follow.



#### COMING SOON: MEMORY CAFE

#### WHAT IS A MEMORY CAFÉ?

A memory café is a social gathering for people living with memory loss and those who care for them. Experiencing or caring for someone with memory loss can be isolating, the café offers an opportunity to socialize, participate in an activity, and make new friends in an accepting environment.

#### WHAT HAPPENS AT THE CAFÉ?

Guests have the opportunity for conversation, refreshments, and fun activities that change month to month. The goal is to relax and get to know others with similar challenges.

Reading Human/Elder Services will be starting a Memory Café in November 2016. If you would like to be informed of the happenings, please contact Kerry Valle, Case Manager at 781-942-6659 or Alyse Warren, Nurse Advocate at 781-942-6693.

#### ART SHOW WINNERS

1st Place Ruth Kelloway

- "Boy and dog by the water"
- 2<sup>nd</sup> Place Gloria Aluise
  - "Eye-catching"
- 3rd Place Darryll Firenze
  - "Wolves in birches"

The art class will display their work in all the rooms on the second floor for the next 3 months. Stop by and check it out.



We have a new volunteer repairing lamps! Drop off your broken lamp with the Receptionist, you will be contacted when it is fixed. Pay for parts only.



#### QUESTIONS/CONCERNS?

Council on Aging: meetings resume in Sept, 6:30—8:00 pm

**Board of Selectmen Office Hours:** Tues., July 5, 6:30 - 7:00 - Town Hall

**Representative Brad Jones Office Hours:** Friday, July 8, 10:15 - 11:15

**Senator Jason Lewis:** Friday, July 15, 2:30—3:30

#### Congressman Seth Moulton

17 Peabody Square Peabody, MA 01960 Phone: (978) 531-1669

Fax: (978) 531-1996

#### **COMING SOON!!**

Tired of signing-in for every activity at the Center?

Later this summer we are introducing our new electronic sign-in. Just a few touches of the screen and you are all set to go.

By using the touchscreen ...

- Automatically entered into the monthly drawing.
- No need to sign your name over and over again.
- Ensure accurate reporting for statistics.

Look for more information during the month!



#### **READING ROAD TRIPS**

Through the generosity of the Reading Council on Aging, we are offering trips. Transportation is free! Lunch, and entertainment costs are the responsibility of the individual.

Seats are limited. We ask you to sign-up for one trip and check back five days before the next trip for availability. Reservations by calling (781) 942-6794. Open to **Reading** residents age 60+. A minimum of 5 is required for the trip. **Times are destination arrival** times.



Thursday, July 7, 10:30 – 2:00 **Rockport** – **Bearskin Neck** The bus will go to Blue Gate Parking lot then you will take the trolley shuttle bus (\$1.00 round trip for seniors)

to Bearskin Neck and enjoy lunch on your own, shopping and sightseeing.



Tuesday, July 12, 11:00 – 2:00 Lunch at **Woodman's** of Essex then off to the White Elephant Shop for some shopping or browsing.

READING ELDER SERVICES
16 LOWELL STREET
Reading, MA 01867

Pleasantries

Reading Senior Newsletter



**DID YOU KNOW:** 

You can obtain a copy of the *Pleasantries* at several locations around town or via email at <a href="https://www.readingma.gov">www.readingma.gov</a>.

If you would like to be removed from the mailing list and/or sign up to receive it via email, please call Ann at 781-942-6608.